

Wednesday, November 12, 2003

"Too Sweet for Your Own Good"

Managing diabetes focus of free health conference

Helping individuals manage their diabetes will be the focus of a free health conference, "Too Sweet for Your Own Good," on Saturday, November 15. The all-day event, sponsored by the State Department of Health's **Office of Minority Health**, will be held at the University Place Conference Center on the campus of Indiana University-Purdue University in Indianapolis.

Approximately 400 people from across the state are expected to attend the conference, which will feature the educational sessions "Even You Can Exercise," "Too Sweet: Exploring Myths and Conquering the Fear of Insulin Therapy," and "Know Your Nutrition: Dining Out with Diabetes."

The conference, which will run from 7:30 a.m. to 4 p.m., will close with a game-show style post test, "Are you in Jeopardy with Diabetes?" led by "Dr. Regis Feelgood."

Attendees also can choose to attend two of six breakout sessions on diabetes-related health issues, including monitoring blood

sugar, foot care and foot screenings, tracking blood pressure and cholesterol, men's health (erectile dysfunction), Medicaid and Medicare reimbursement issues, and avoiding blindness.

This is the second year for the conference.

"The incidence of diabetes is one-and-a-half times higher among minorities, and these populations, in particular, often do not have access to the information they need to properly manage their diabetes," said Danielle Patterson, director of the Office of Minority Health. "That is why the primary focus of this conference is to address the issue of diabetes among minority populations."

Among organizations across the state that are bringing groups of people to the confer-



Photo by Daniel Axler

Danielle Patterson

ence are the Hispanic and Latino Coalition of Elkhart County and the Terre Haute Minority Coalition.

Diabetes is the fastest-growing disease in Indiana. However, people with diabetes can avoid serious complications like blindness and stroke if they get appropriate medical care and properly control the disease.

In 2001, diabetes was the fourth leading cause of death for African Americans in Indiana and the seventh leading cause of death for Hispanics/Latinos in the state.

"This conference will arm people with the information they need to take control of their diabetes," Patterson said.

She said attendees will receive a free glucometer, a device for self-testing of blood sugar; as well as a T-shirt; a bag of information; a cookbook; and lunch. During lunch, which Patterson described as "a wonderful spread," there will be roving dieticians to

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November is National Diabetes Month

Diabetes often goes undetected, yet it is not harmless during that undetected time. According to the Indiana State Department of Health, research shows that diabetes goes undiagnosed for an average of seven years, and approximately one third of the 17 million Americans with diabetes do not know they have the disease. It is the eighth leading cause of death for Hoosiers.

During this time, preventable complications including blindness, foot and leg amputations, kidney failure, heart disease, high blood pressure, stroke, and pregnancy complications are often developing.

ISDH's **Diabetes Prevention and Control Program** seeks to improve the health of Hoosiers with diabetes through education about diabetes and to increase awareness of diabetes prevention, says Joyce Black, R.D., the program's director.

Black says diabetes occurs when too little or no insulin is produced in the body, resulting in high blood glucose, commonly referred to as blood sugar. There are four

types of diabetes:

- Type 1 – the pancreas produces little or no insulin, and the individual must take insulin through injections or an insulin pump. Type 1 usually occurs in children and young adults.

- Type 2 – usually develops in middle-aged and older adults and occurs when the body fails to produce enough insulin or fails to properly use insulin.

- Pre-diabetes – blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes

- Gestational diabetes – a temporary insulin resistance that develops only during pregnancy and usually disappears on delivery.

Black says symptoms of diabetes include frequent urination, extreme thirst, extreme hunger, increased tiredness, irritability, blurred vision, numbness and tingling in



hands and feet, and slow wound healing.

She says people with diabetes should take a "team approach" and seek information from their health care provider, diabetes educator, and dietician to learn how to manage the disease

themselves. It is also helpful to join a support group, she said.

"Get regular checkups, know your numbers, and monitor your blood sugar," Black added.

Black says a diagnosis of Type 2 diabetes is made when fasting (not having eaten in eight hours) blood glucose levels are greater than or equal to 126 mg/dl. A diagnosis of diabetes can also be made if there are two random (no minimum time for having eaten) blood glucose tests with readings of more than 200 mg/dl.

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Program helps lessen barriers for chronically ill children

The lives of nearly 10,000 chronically ill children in Indiana are improved thanks to the financial help provided by the **Children's Special Health Care Services (CSHCS)**, a program of the Indiana State Department of Health, says Eric Vermeulen, J.D., director of CSHCS.

Through funds from the Indiana general fund, CSHCS helps families of children with serious, chronic medical conditions pay for services, treatment, or medical supplies related to their child's condition.

A wheelchair for Juan with cystic fibrosis, a blood glucose monitor for Carolyn with juvenile diabetes, or other durable medical goods to improve a variety of children's medical conditions – these are some of the medically necessary items paid for by CSHCS with prior authorization.

"The financial help we provide can make a real difference in a child's life on a daily basis," Vermeulen says. "Without our help, life for these kids would be a lot more difficult. Children are naturally learning and

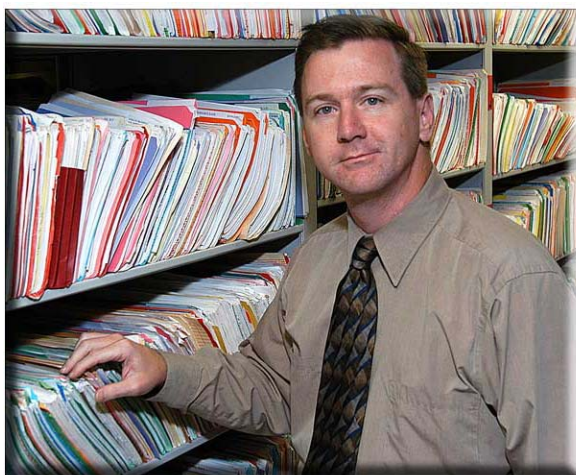


Photo by Daniel Axler

Eric Vermeulen stands by the many records documenting services and eligibility.

developing, and for a child with a chronic disease there are additional barriers. What we do lessens those barriers."

Vermeulen adds, "In some cases, what we provide is life prolonging."

Vermeulen says his work at CSHCS is somewhat akin to "running a small insurance company," the difference being that the CSHCS program limits its coverage to health issues related to a specialized seg-

ment – children with special needs or chronic conditions.

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Some physical conditions that could qualify a child for CSHCS services

- apnea
- arthritis
- autism
- severe asthma
- cerebral palsy
- chronic anemia
- cleft lip and/or palate
- congenital or acquired developmental deformities
- congenital heart disease
- chromosomal disorders
- chronic pulmonary disease
- cystic fibrosis (lifetime coverage)
- endocrine deficiencies
- profound hearing loss
- severe hemophilia
- hydrocephalus
- inflammatory bowel disease
- inborn errors of metabolism
- neuromuscular dysfunction
- myelodysplasia or spinal cord dysfunction
- oncologic disorders
- renal disease
- seizure disorder

Services available may include:

- community referrals and information
- diagnostic evaluation
- comprehensive primary and secondary care visits
- immunizations
- prescription drugs
- routine dental care
- other services related to the eligible medical condition

DIABETES: Regulate blood glucose

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She says that a pre-diabetes diagnosis is made when impaired fasting glucose levels (two hours after eating) are greater than 110 mg/dl but less than 126 mg/dl or when the impaired glucose tolerance is greater than 140 mg/dl but less than 200 mg/dl.

"It's important for a person who has diabetes to keep their blood glucose at the normal level in order to prevent complications like kidney disease, blindness, or nerve damage," Black says.

Healthy eating and regular physical activity are ways to keep blood glucose at normal levels.

"Cut down on fast food, plan your meals, eat more fresh vegetables and fruits, and participate in daily physical activity," Black suggested.

"This time of year – right after Halloween and during the Thanksgiving and Christmas seasons – it's harder to eat healthy," Black said. "It's really important to think about what we should eat and alter our meals to meet our dietary needs. We encourage ISDH programs to offer healthy alternatives when having pitch-ins or parties."

As part of its mission of education and prevention, ISDH's Diabetes Program has pre-

sented the program "Living a Healthy Life with Chronic Disease" to State Health employees. This program addresses the daily issues associated with chronic disease, Black says.

In addition, two videos – one aimed at those at risk for diabetes and one directed to those with diabetes – are available for individuals in the community to present around the state, Black says.

She says that the diabetes program offers "population-based education," reaching people through schools, organizations, or the workplace rather than one-on-one.

Mini-grants for such projects as organizing community walking clubs is one way the diabetes program seeks to increase healthy activities that will help lower the risk of diabetes and increase diabetes awareness.

Black also cites the case of an elementary school that was giving out candy to students as rewards for good grades. The school, with assistance from the Diabetes Program, did a school health index of food products offered at the school, from what's in the vending machines to what's in the cafeteria. They found things could be healthier.

In response, candy is no longer given for good grades.

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CSHCS: New Web page helps providers and families

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Before joining ISDH in August, Vermeulen was a regional manager for Indiana's Family and Social Services Administration (FSSA) overseeing 16 Division of Family and Children (DFC) offices.

"Our mission is to try to improve the health care situation for the kids we cover and make good determinations about what we spend our dollars on," Vermeulen said.

CSHCS processes the various claims from families for services and supplies related to their child's medical condition. The program is administered through three units – claims, eligibility, and prior authorization.

In order to qualify for the program, a family must have an income before taxes of no greater than 250 percent of the federal poverty level and must have at least applied for Medicaid. In addition, the family must use private insurance first, if available.

"Children's Health is the payer of last resort," Vermeulen said.

Often when a family thinks they have exhausted all other eligibility options and applies to CSHCS, Children's Health helps the family discover other financial sources that they did not know existed, Vermeulen

said. Families can apply for CSHCS eligibility at their county DFC office.

Vermeulen said there is a combined enrollment form for CSHCS eligibility, Medicaid, and First Steps, an early intervention system administered through FSSA. He added that it is important for a family to go to the DFC office to fill out the form so that they can have their questions answered face to face.

The newest feature for Children's Special Health Care Services is the addition of a Web page on the ISDH Web site. Information on the site includes eligibility requirements, history of the program, a newsletter, and information on how to enroll as a provider.

Vermeulen said the Web page, which has been up for about a month, is helpful to families and providers, and includes links to forms for providers. Currently, there are about 7,000 providers, including hospitals, medical supply offices, doctors' offices, pharmacies, and physical therapists working with CSHCS.

To visit the CSHCS Web page go to www.statehealth.in.gov. Click on Public Health Programs on the menu on the left and

then choose Children's Special Health Care Services (CSHCS) from the drop-down menu.

Vermeulen said another electronic accomplishment for the department is compliance with the federal Health Insurance Privacy and Accountability Act (HIPAA). HIPAA has mandated national standards for

health information and the improvement of privacy and security of shared medical information.

To meet this standard, the office is phasing out faxed information and is transitioning to the electronic Agency Claims and Administrative Processing System (ACAPS). This new program meets the HIPAA standards for privacy and for conducting business electronically with providers, Vermeulen said.

Additionally, the use of Health Plan Managers (HPM) forms for the sharing of claims and financial information, payment amounts, and diagnoses is being phased out. By the end of the year, all transactions with providers will be through the electronic ACAPS system, he said.

**Visit the new
CSHCS Web page**

Risk factors for diabetes

- ✓ Age 45 and older and overweight
- ✓ Body Mass Index (BMI) greater than or equal to 25
- ✓ Family history of diabetes
- ✓ Inactive lifestyle
- ✓ Women who have had gestational diabetes
- ✓ Delivering a baby weighing more than nine pounds
- ✓ Blood pressure greater than 140/90
- ✓ High cholesterol

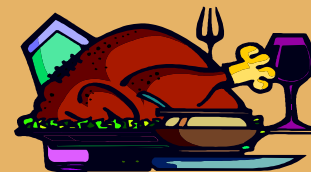
Diabetes can be delayed or prevented by:

- ✓ Modest weight loss
- ✓ Regular physical activity

Taking the calories out of Thanksgiving

Here are some simple tips for lightening up the traditional Thanksgiving dinner. Compare these menus and see how a few changes and reducing portion size can result in calorie savings.

(From the Diabetes Well News)



A Traditional Thanksgiving Dinner

Menu Item	Serving Size	Calories
Roasted turkey, white	4 oz.	200
Roasted turkey, dark	4 oz.	235
Giblet gravy	4 Tbsp.	200
Cornbread dressing	1/2 cup	350
Cranberry sauce	1/2 cup	200
Baked sweet potato	1 small	140
Mashed potatoes	1/2 cup	95
Butter or margarine	1 tsp.	40
Homemade roll	1	120
Tossed salad	3/4 cup	15
Thousand Island dressing	2 Tbsp.	160
Pumpkin pie	1/6 pie	320
Pecan pie	1/6 pie	577
Heavy whipped cream	1 Tbsp.	55
Whole milk	1 cup	160
Coffee	1 cup	0
White table wine	8 oz.	170
TOTAL CONTENT		3037

Thanksgiving Dinner - Light Version

Menu Item	Serving Size	Calories
Honey-orange turkey breast	4 oz	175
Giblet gravy	1 Tbsp.	50
Apple stuffing	1/2 cup	66
Whole-cranberry sauce	1/2 cup	82
Twice-baked Baked garlic sweet potato	1/2 cup	84
Creamed onions	1/2 cup	87
Homemade roll	1	120
Tossed salad	3/4 cup	15
Low-cal Thousand Island dressing	2 Tbsp.	10
Pumpkin pie/ginger snap crust	1/8 pie	180
Coffee	1 cup	0
White table wine	4oz.	85
TOTAL CONTENT		834

Smoking report card briefing draws nearly 100



early 100 people representing tobacco prevention agencies, cessation programs, state and local health departments and programs, Indiana Family and Social Services Administration, minority outreach programs, domestic violence programs, and the March of Dimes attended the "Women and Smoking" briefing held Oct. 30 at the Indiana State Department of Health.

The briefing, co-sponsored by ISDH's [Office of Women's Health](#) and the [Indiana Tobacco Prevention and Cessation Agency](#) (ITPC), presented information from the National Women's Law Center state-by-state report card of programs and policies on smoking.

The Law Center's report card used comparable data from each of the 50 states to grade states on their programs and policies on smoking.

Indiana was one of 39 states to receive an F.

According to the U.S. Surgeon General's 2001 report, tobacco use is the leading cause of preventable death in the nation. The report notes that lung cancer is the leading cause of cancer death among women, surpassing breast cancer. Smoking causes about 90 percent of lung cancer, the report said. Smoking is the major cause of coronary heart disease among women, as well as the primary cause of chronic obstructive pulmonary disease (COPD).

Barbara Levy Tobey, director of the Office of Women's Health, and Karla Sneeegas, executive director of ITPC, were two of the presenters at the briefing.

The 2003 national report card, "Making the Grade on Women's Health," looked at the nation's progress or lack of progress, state by



Photo by Daniel Axler

Report card briefing attendees listen as the panel discusses information from the report card.

state, in reaching key Healthy People 2010 prevention benchmarks for women's health as it pertains to smoking. The report card gave grades of S (satisfactory), S- (satisfactory minus), U (unsatisfactory), and F (fail). No state received a grade of S; two received a grade of S-; seven received a grade of U; and 39 received a grade of F.

Judith Waxman, vice president for health at the Washington, D.C.-based Law Center, said at the briefing that the less-than-satisfactory showing of states indicates that much more needs to be done in developing policies and programs to reach the Healthy People 2010 goal of 12 percent smoking. According to the report card, nearly 25 percent of Hoosier women smoke, compared to nearly 21 percent nationwide, she said. This ranks Indiana 46th in the nation, with one being the best ranking.

In addition, Waxman said 20 percent of pregnant women in Indiana smoke, which is 48th in the nation. Nationally, about 12 percent of pregnant women smoke, according to the report card.

Kokomo's Lorene Sandifur, the face of

a WhiteLies.TV anti-smoking advertising campaign, told the group, "The statistics are sobering and staggering, but there are no statistics for the pain of families who have lost loved ones from cancer. I have lost as a wife, and I have lost as a daughter. My husband died of lung cancer, and my mother died of COPD."

Sandifur, who is a school teacher and a spokesperson for ITPC, said that the TV commercials are impacting young people.

"A lot of kids out there are listening. They want to break the habit. They're so concerned about their parents who smoke," she said.

Sneeegas rolled out the new advertising campaign that is being shown now – three television commercials, each showing the face of a woman and three handwritten notes to loved ones and to the tobacco companies. The audio is of the women reading their notes as they choke back tears. Each real-life woman is dying from a smoking-related disease. Sneeegas called the campaign "hardhitting."

HIPAA Corner

The Office of HIPAA Compliance is moving forward to address additional challenges now that the deadline for compliance with Transaction and Code Sets has passed. The privacy officer, Patrick Hadley, and the privacy coordinator, Lisa Mani, are working to refine HIPAA privacy policies and procedures for the covered programs.

"We're finding that covered entities are being cautious about sharing health information because of the monetary penalties attached to the violations," Hadley said. "Some health care organizations are hesitant to share health information with the State Department of Health without a participant's authorization, even in situations where the Privacy Rule states explicitly that disclosures are permitted without an authorization. Permitted disclosures include disclosures for treatment, payment, or health care operations; disclosures required by law; and disclosures for public health activities."

If ISDH staff have questions or concerns from outside organizations, they may complete the Request for Internal HIPAA Advice form available on the ISDH forms link on the ISDH Intranet page to receive accurate and timely information from the Office of HIPAA Compliance.

Contributed by Lisa Mani, ISDH Privacy Coordinator

"Too Sweet": Managing meal planning important

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answer nutrition questions and talk about proper diets for people with diabetes.

"Managing meal planning is a huge part of managing diabetes," Patterson said.

Attendees will also be able to get information from the 10 exhibitors who will have displays set up.

The conference will feature a taped message from Indianapolis Colts Coach Tony Dungy. Dungy's mother, who died about a year and a half ago, had Type 2 diabetes.

"My mom was the athlete in the family," Dungy says on the tape. His mother, he says, was a basketball player and track star, and

as a youngster he would race against her and play basketball with her.

"For her last seven or eight years, she was in a wheelchair and had amputations. That was such a contrast to the person she used to be," he says. "With proper diet and proper exercise, a lot of the side effects of diabetes can be eliminated."

Bayer Diagnostics, GlaxoSmithKline, Marion County Health Department, Minority Health Coalition of Marion County, and Novo Nordisk Pharmaceuticals are also sponsoring the conference in collaboration with the [American Diabetes Association](#).